



Indiana State
Department of Health

Certified Wellness Tax Credit Program Application

Name of Business: **Company XYZ**

Address: **1234 Main Street
Wellness, IN 65432**

County: **Healthy**

Phone Number: **123.456.7899**

Fax Number: **123.789.4566**

Contact Person: **John Smith**

Title: **Manager**

Number of Employees: **55**

Type of Business: **Healthy Business**

How long have you had a wellness program? **4 years**

Intervention/Education:

- Links to the American Heart Association, Mayo Clinic, CDC, and the National Institute of Health websites with educational materials on fitness, nutrition and weight loss.
- Employees have access to lunch 'n learns provided by personal trainers and dietitians that provide educational sessions related to healthy eating and physical activity.
- Pedometers are provided to all employees for quarterly walking programs and competitions.
- Employees are given access to nutrition guides, meal planners, healthy recipes and food journals.

Rewards Program:

By reaching pre-defined and personalized activity and weight goals employees have access to the following incentives:

- Gift Cards
- Cash Bonuses
- One day paid time off

Measurement Tools:

- BMI is documented and tracked via an online program.
- Aggregate data relating to nutrition, physical activity, and BMI is compiled from annual HRA's provided by trained professional.
- Online program tracks pedometer data including: number of steps, miles walked and calories burned

Smoking Cessation:

(Please describe in detail the assessments, educational materials, rewards programs, and measurement tools)

Assessments:

- Annual HRA provided by a trained professional identify employees that use tobacco products.
- We have recently implemented a smoke-free policy that extends to vehicles, buildings and all worksite settings. Employees that do not comply with this policy are subject to disciplinary action.

Intervention/Education:

- Links to the American Heart Association, Mayo Clinic, CDC, and the National Institute of Health websites with educational materials on fitness, nutrition and weight loss.
- Employees are given access to nutrition guides, meal planners, healthy recipes and food journals.
- Access to disease management courses such as diabetes.
- Influenza handouts are provided to all employees.
- Health screens that track glucose, blood pressure, cholesterol, and heart rate.
- Access to health vending machine options.
- Information relating to local fitness programming including Zumba, boot camps, spin classes, and strength training.
- Encouraged participation in office recreational sports teams such as, softball, flag football, and running club.

Rewards Program:

- Pedometer provided to walking program participants.
- Cash incentives for employees who:
 - Participate in pedometer tracking program.
 - Demonstrate participation in annual HRA.
 - Demonstrate participation in annual health screening.
- Annual flu shots offered at no cost to participating employees.

Measurement Tools:

- Annual HRA comparing annual results relating to employee's fitness, nutrition, stress, and other health improvements.
- Annual HRA provides data relating to potential health risks and preventable diseases within employee population.
- Track attendance to wellness workshops
- Track the number of employees who participate in annual physicals.
- Track the number of employees who receive vaccines.

Additional Information:

(Please feel free to provide any additional information about your wellness plan on the backside of this page)